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G20 summit pushes vampires into Ottawa

TWICON It turns out vampires are no match for Stephen Harper, Barack Obama and the other leaders of 20 of the most powerful nations on earth.

Events surrounding the G20 summit scheduled for Toronto this June have forced the Canadian edition of a conference devoted to vampire pop culture from its venue.

Toronto's loss is Ottawa's gain, since TwiCon — originally conceived to celebrate the Twilight series of books and movies, but has since expanded to include other segments of vampire pop culture — has been relocated to Lansdowne Park from June 25-27.

Actor Tinsel Korey, who plays Emily in New Moon, is scheduled to appear at TwiCon as well as Sam Trammell and Joe Manganiello from True Blood.

TIM WIECLAWSKI/METRO OTTAWA

News on the Move
What's this barcode for?
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Vancouver Games
Follow Metro as we bring you daily coverage throughout the 2010 Winter Olympics in Vancouver.
• Today — Brodeur ready to stand on guard in Canadian goal, page 10
On the web
Visit metronews.ca for news updates

JAMIE SQUIRE/GETTY IMAGES

Mike Robertson of Canada, left, and Seth Wescott of the United States compete against each other in the big final heat during the Men's SBX Finals on Day 4 of the Vancouver 2010 Winter Olympics at Cypress Snowboard & Ski-Cross Stadium yesterday.

Silver by a sliver

Canadian snowboarder edged by American at finish

The rough-and-tumble roller-coaster of snowboard cross gave Canada its second silver medal yesterday as Michael Robertson missed out on gold by the nose of his American rival's board.

The 24-year-old boarder from Canmore, Alta., led for much of the race, only to be overtaken in the final moments by U.S. competitor Seth Wescott, who also claimed the top prize at the Winter Games in Turin, Italy, in 2006.

"It was kind of bittersweet," Robertson said after the race. "Obviously, I wanted to win, for sure, but I'm so happy to be second. It's amazing."

Canadian men had a less-than-stellar showing in the long-delayed men's downhill, where Erik Guay of Mont-Tremblant, Que., was the top Canuck in fifth place in 1:54.64.

VANCOUVER 2010 Games

Manuel Osborne-Paradis of Invermere, B.C., who was seen as the host nation's top medal threat in the marquee event on the alpine skiing schedule, finished 17th, well back of gold medallist Didier Defago of Switzerland.

Canadian hockey fans were celebrating good news yesterday after Anaheim Ducks centre Ryan Getzlaf, who sprained his ankle last week, was given the green light to play for Team Canada.

THE CANADIAN PRESS

Chan support strong in Vancouver

TRACEY TONG
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VANCOUVER 2010 Games

SKATING When Ottawa-born figure skater Patrick Chan takes to the ice at the Vancouver Games this afternoon, he won't be alone out there.

Behind every athlete is the support of their families, friends and coaches that brought them there, Patrick's father, Lewis Chan told Metro Ottawa.

Chan, his wife, Karen, and Patrick's grandparents, uncles, aunts and cousins, are all in Vancouver this week to watch the 19-year-old compete today and Thursday.

"He's surpassed all my expectations."
Lewis Chan

The athlete got his start when he was very young.

Only five years old, Patrick was first enrolled in the City of Ottawa's learn to skate program and later at the Minto Skating Club. He won his first national title at 12, and again at 13 and 14.

When the Chans learned that Patrick was going to the Olympics after the Canadian championships last month, they were thrilled.

Chan realizes there's a lot riding on his son as he competes for Canada today. Still, there's no pressure from the family, he insisted.

"As far as I am concerned, he's surpassed all my expectations."

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Snow angels show need for foster families

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

CHILDREN'S AID It's not the biological bonds that tie Karisa Karmali to her family.

The 19-year-old University of Ottawa political science student has been in foster care since the age of six and said she was lucky to find a loving, supportive couple who consider her their daughter, and that she considers to be her parents.

Karisa Karmali

Family is "people that take care of you and believe in you enough that you get a chance to follow your dreams and pursue your career," she said. "With the unconditional love that I've been given, I believe I can accomplish anything."

Yesterday, Karmali was at Parliament Hill to share her experience during the third annual Foster a Snow Angel event.

Foster families and youth from across Ontario converged on the Hill to make snow angels that represent the number of children in the care of Children's Aid Societies across eastern Ontario who need foster families.

Lotteries

Ontario Pick 3: 7 9 2; Ontario Pick 4: 9 2 9 1
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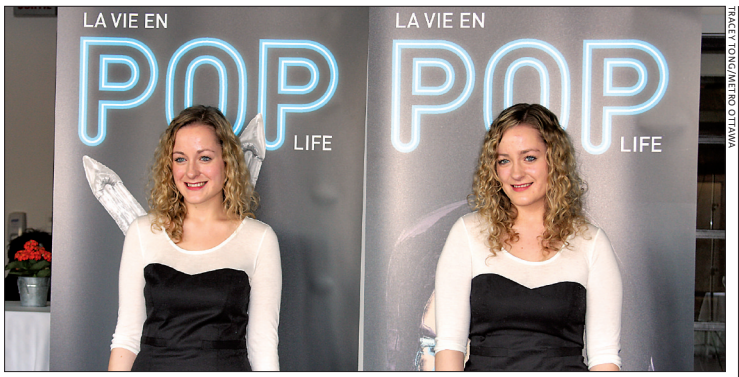

Identical twins and Ottawa residents Isabelle, left, and Sophie Lynch pose at the unveiling of the National Gallery of Canada's 2010-11 exhibition program yesterday. The University of Ottawa students will be a part of British artist Damien Hirst's performance art piece when Pop Life: Art in a Material World, comes to the NGC on June 11.

TRACEY TONG/METRO OTTAWA

Art in a material world

Pre-Raphaelite, Tate Modern shows set for NGC

TRACEY TONG
tracey.tong@metronews.ca

An exclusive exhibit exploring the relationship between contemporary art, marketing and mass media, another on European drawings, and some of the most innovative contemporary works in the country are just a few of the exhibitions coming to the National Gallery of Canada over the next year.

The works of pre-Raphaelite painter Edward Burne-Jones and photographers Nicolas Baier and Angela Grauerholz will be featured in solo exhibits through February 2011 in addition to Central European Drawings, the Architecture of Moshe Safdie and It is what it is: Recent Acquisitions of New Canadian Art.

The highlight of the year is Pop Life: Art in a Material World, organized by the Tate Modern and on view at the NGC from June 11 to Sept. 19. Through 250 paintings, drawings, prints, sculptures, videos, installations and multiples produced over the past three decades, the exhibit explores the relationship between contemporary art, marketing and the mass media.

Beginning with American pop artist Andy Warhol, the exhibit also includes the works of Keith Haring, Jeff Koons, Richard Prince, Pruitt Early, Damien Hirst, Tracey Emin, Sarah Lucas, Gavin Turk, Martin Kippenberger, Maurizio Cattelan and Takashi Murakami.

Seeing double

• This summer, twins from all over Canada have the opportunity to become the art. The NGC and British artist Damien Hirst are looking for twins to become a part of the artist's 1992 performance art, which is featured in Pop Life. The NGC is inviting identical twins ages 18 and over to apply online at gallery.ca/poplife by May 7.

Paying it forward with kindness

CELEBRATION An act of kindness doesn't have to take a lot of time or money, but sometimes a little act, like a friendly hello in an elevator, can go a long way.

That is sometimes lost in the hustle and bustle of daily life, said Rabbi Reuven Bulka, the chair and driving force behind Kindness Week.

"It's to celebrate the kindness that is, and the kindness that can be," said Bulka.

This is the third annual Kindness Week.

After growing in Ottawa for the first two years, the week launches provincially today at Queen's Park.

On Sunday, Bill Robinson and volunteers with the Rotary Club served a Valentine's Day lunch to clients at the Ottawa Mission. "Them having contact with the community and seeing that the community cares must be a bit of a boost to them," said Robinson.

Tomorrow, the Rotary Club will be visiting six community housing areas to give kids toques, shirts and pizza.

New this year is the Kindness Crew's Suited for Success initiative, which is collecting professional clothing for people who are searching for employment.

TIM WIECLAWSKI/METRO OTTAWA

News in brief

STROLLERS The battle over strollers on public transit is returning to city hall tomorrow, when the city's transit committee considers a recommendation from the seniors' advisory committee to ensure bus aisles are clear of all mobility devices when a bus is in motion.

ELECTION Robert White has registered as the ninth candidate running for the mayor's chair. Stittsville Coun. Shad Qadri is seeking re-election.

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French furor over bilingual Games content

Members of Quebec's media are raking the CEO of the Vancouver Games over the coals for the perceived lack of French at the opening ceremonies. The issue has irked some of the Quebec public, and Premier Jean Charest and federal heritage Minister James Moore have both said there wasn't enough French content. THE CANADIAN PRESS

Canada

Stamp to honour gold medallist

Just hours after winning gold, Canada's newest Olympic hero is already getting serious attention over his historic feat. Freestyle skier Alex Bilodeau is the first Canadian ever to win an Olympic gold medal on Canadian soil and the Royal Canadian Mint and Canada Post have stepped up to honour the 22-year-old's victory with the release of commemorative coins and stamps. THE CANADIAN PRESS

Court martial adjourned until March

AFGHANISTAN A groundbreaking court martial involving an alleged battlefield execution in Afghanistan has been adjourned to next month.

The court set March 9 for hearing any final legal arguments before the first evidence is delivered March 15.

Capt. Robert Semrau, 36, is charged with second-degree murder and other military offences in the death of a disarmed and badly wounded Taliban insurgent during an operation in August 2008.

Semrau's lawyer argued unsuccessfully today to hold the trial in Afghanistan.

The prosecution suggested it be moved to Canadian Forces Base Petawawa, home to Semrau and his regiment.

The trial judge ruled the proceedings should be held in the military court room of a federal complex just across the river from Ottawa.

THE CANADIAN PRESS

Feds seek appeal of Gaya sentence

TERRORISM The federal government is seeking to appeal the sentence of a convicted terrorist.

Saad Gaya, 22, was convicted in September of intending to cause an explosion in association with a terrorist group.

He was sentenced to 12 years.

With credit for the time he has already served, Gaya could be eligible for parole in 1 1/2 years. Gaya and 17 others were arrested in 2006 as part of the so-called Toronto 18 group. THE CANADIAN PRESS

CFB Trenton **Grim return**

PETER REDMAN/THE CANADIAN PRESS

The remains of Corporal Joshua Caleb Baker, of the Loyal Edmonton Regiment, is carried from the aircraft during a repatriation ceremony at CFB Trenton yesterday. Baker was killed and four other soldiers were injured as a result of a training accident at a range northeast of Kandahar city on Feb. 12.

Harper arrives in Haiti

Prime minister announces $12M for government base

Haiti Crisis

Canada will help the Haitian government get back on its feet by building an adminsitrative base to replace a number of smashed buildings in the country's shattered capital.

During a visit to Haiti, Prime Minister Stephen Harper announced yesterday that Canada would spend up to $12 million to create a temporary facility to house government departments and civil servants.

A number of Haitian government buildings have been reduced to rubble, from the presidential palace to the tax department and the education ministry.

Workers have been trying to salvage any scraps of paper documents while crews remove bodies and bulldozers demolish what's left of the condemned buildings.

The Canadian-funded base will include soft-covered tents and hard-shelled temporary buildings.

First to show up

- The prime minister is the first G20 leader to visit Haiti since the earthquake, following the heads of several neighbouring countries who have already made the trip.

It is expected to be up and running for up to a year, and construction will start once the Haitian government chooses a location.

"(This is) an important step toward recovery and reconstruction," Harper said.

The prime minister plans to get a glimpse of Canadian aid efforts, assess longer-term needs, and stress the message that Canada is in Haiti for the long haul.

The Canadian military and civilian volunteers have been providing clean water, food, security and medical care since the Jan. 12 earthquake.

Harper will visit Gov. Gen. Michaelle Jean's ancestral hometown of Jacmel, and Leogane, another hub of Canadian activity.

THE CANADIAN PRESS

Canadian troops lend Haitians a hand

EARTHQUAKE Victims of the earthquake in Haiti are getting a little help from Canadians deployed to Afghanistan.

Brig.-Gen. Daniel Menard, the top military commander in Kandahar, presented the Canadian Red Cross with a cheque for $12,699 yesterday afternoon.

Menard handed over the cheque in front of a memorial for fallen soldiers at Kandahar Airfield.

"I'm extremely proud of the contribution to this effort," he said.

"It clearly demonstrates what our soldiers are all about."

The money, which was raised by members of the armed forces and civilians serving in Afghanistan, will help the survivors of the massive quake that killed some 217,000 people and demolished Port-au-Prince and surrounding villages.

Canadians have poured donations into the devastated country, to the tune of $145 million so far, with $124 million to be matched by Ottawa.

Haiti is also one of the highest beneficiaries of Canadian development funds in the world, second only to Afghanistan.

The donation comes as Prime Minister Stephen Harper was expected to visit Haiti.

THE CANADIAN PRESS

News in brief

COURTS Disgraced financial adviser Earl Jones received an 11-year sentence for orchestrating a massive fraud scheme yesterday, and the judgment was even more severe from the people who use to love him. "He can rot in hell," said Bevan Jones, who came to the courthouse to watch his sibling get sent away. THE CANADIAN PRESS

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'Black Bloc' makes presence known

VANCOUVER 2010 **Games**

PROTESTS They go by the name Black Bloc, but even the masked, black-clad protesters who trashed store windows during an anti-Olympic march on the weekend wouldn't call themselves an organization. The self-appointed "ninjas" of the anarchist movement have been a factor in European radical politics for decades but appeared spectacularly on the radar in North America during the 1999 World Trade Organization ministerial meeting in Seattle.

Police cracked down hard and a peaceful march and blockade by 50,000 anti-globalization protesters degenerated in a cloud of tear-gas and pepper-spray.

With no structure and no purported leaders, they're maddeningly hard for authorities to pin down. "What we know is what we pulled up on the Internet," said a spokesperson with the RCMP-led Olympic Integrated Security Unit. THE CANADIAN PRESS

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Doctors retrieve medical instrument left inside woman during surgery

It took five months for a Czech woman to discover the reason for her pain: Doctors had left a foot-long medical tool inside her abdomen. Doctors at a clinic in the town of Ivancice discovered their colleagues had forgotten to remove a spatula-like surgical instrument from the woman following gynecological surgery in September. THE ASSOCIATED PRESS

World

Well, bacon is very tasty

Britain's richest-ever lottery winners say they celebrated their $92-million jackpot in modest style — with breakfast in a grocery store. Nigel Page, a 43-year-old janitor, said yesterday that he, his partner and their children ate bacon sandwiches at a Waitrose superstore to take in the news. Page won half a jackpot worth 112 million pounds in Friday's EuroMillions lottery draw. The second winning ticket was bought in Spain, but the winner has not been named. THE ASSOCIATED PRESS

Several killed as trains collide

A rush-hour commuter train sped through a red signal and slammed into an oncoming train as it left a suburban Brussels station in Belgium yesterday, killing at least 18 people and disrupting rail traffic in northern Europe.

Investigations into one the worst accidents on the Belgian rails were likely to focus on whether human error was responsible or if it could have been influenced by the persistently freezing temperatures that have iced up the European capital.

Officials said 80 people were injured, 20 of them seriously, and the death toll — 15 men and three women — was not considered final. As darkness fell more than 10 hours later, rescuers were still looking for victims in the wreckage, said Jos Colpin, the spokesman for the federal prosecutor's office.

The trains, carrying a total of about 300 passengers, collided in light snow during the morning rush. The impact peeled away the front of one train car and threw at least one other off the tracks, severing the limbs of some passengers, witnesses and officials said. One engine was thrust high into the air and snapped overhead power lines.

"When we came out we saw dead bodies lying next to the tracks, some mutilated," said Patricia Lallemand, 40, who was in a middle car of one train and was unhurt.

THE ASSOCIATED PRESS

India Military hardware for sale

MANISH SWARUP/THE ASSOCIATED PRESS

Exhibitors look at an armoured vehicle at the Defense Expo in New Delhi yesterday. As many as 650 companies from more than 35 countries are exhibitors at the largest arms fair in Asia as India plans to spend billions to upgrade its military hardware.

Troops complain they are handicapped by rules

AFGHANISTAN Some U.S. and Afghan troops say they're fighting the latest offensive in Afghanistan with a handicap — strict rules that routinely force them to hold their fire.

Although details of the new guidelines are classified to keep insurgents from reading them, troops say the Taliban are keenly aware of the restrictions.

"I understand the reason behind it, but it's so hard to fight a war like this," said Lance Cpl. Travis Anderson, 20. "They're using our rules of engagement against us," he said, adding that his platoon had repeatedly seen men drop their guns into ditches and walk away to blend in with civilians.

Accident

- NATO said five civilians were accidentally killed by an airstrike yesterday when they were mistakenly believed to have been planting roadside bombs in Kandahar province, east of the Marjah offensive.

If a man emerges from a Taliban hideout after shooting erupts, U.S. troops say they cannot fire at him if he is not seen carrying a weapon — or if they did not personally watch him drop one.

What this means, some contend, is that a militant can fire at them, then set aside his weapon and walk freely out of a compound, possibly toward a weapons cache in another location.

NATO and Afghan military officials say killing militants is not the goal of a three-day-old attack to take control of the Taliban stronghold of Marjah. More important is to win public support.

THE ASSOCIATED PRESS

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SCANLIFE

An embattled White House shifts from "hope and change" to directly counter simmering anger among U.S. voters. Scan this code for the story.

News in brief

POLAND The incredible story of Baltic, the Polish dog rescued from an ice sheet at sea, has struck a chord worldwide. The seagoing pooch is being bombarded with emails, and one family drove 500 kilometres in the false hope he was theirs. Baltic was rescued Jan. 25 after a ship's crew spotted him floating 25 kilometres from land, trapped on an ice floe. It's not clear where the dog's journey began but he was seen two days before his rescue floating down a river inland.

DUBAI Police said yesterday an 11-member hit squad with European passports was responsible for the killing of a Hamas commander last month and released their photos, names, and passport numbers. Lt. Gen. Dhahi Khalfan Tamim did not implicate Israel, as the Islamic militant group has.

THE ASSOCIATED PRESS

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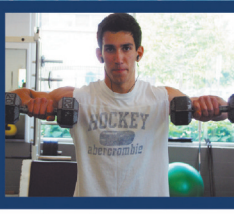

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Comment

Grievance era is over

NationalReport
Lawrence Martin

metronews.ca/nationalreport

Heritage Minister James Moore had a point of sorts in saying there wasn't enough French content in the opening ceremonies of the Vancouver Olympics. There could have been more.

But it was hard to keep from yawning. His complaint sounded 20 or 30 years out of date, from a bygone era. Bilingualism is still a noble cause but in the public psyche it has faded in importance. It was part of the Quebec grievance era. That era, beginning with the arrival of separatist forces in the early 1960s, spanned almost four decades.

It was remarkable when you think about it. Quebec angsts, Quebec separatists, Quebec issues dominated the national agenda to an astonishing degree. There was the rise of René Lévesque, the October Crisis, the election of the Parti Québécois, the 1980 referendum, bilingualism uproars, the repatriation debate, Meech Lake, Charlottetown, Jacques Parizeau, Lucien Bouchard, the 1995 referendum, the Clarity Act. There was the run of Quebec-based prime ministers — Trudeau, Mulroney, Chrétien, Martin.

"Organizers didn't really need complaints about not enough French to rain further on the parade."

Nothing lasts forever. The grievance era has passed. Nobody gets excited about the separatist threat anymore. Nobody gets excited about bilingualism anymore. Politically, the province is only half as important as it used to be. With the Bloc Québécois firmly entrenched, winning usually most of the province's seats, the federal parties aren't inclined to pay Quebec the heed they used to.

Getting far more cultural visibility at the opening ceremonies were Canada's First Nations with all their dancing bands. In terms of political correctness, it is the native peoples whose sensitivities now hold sway.

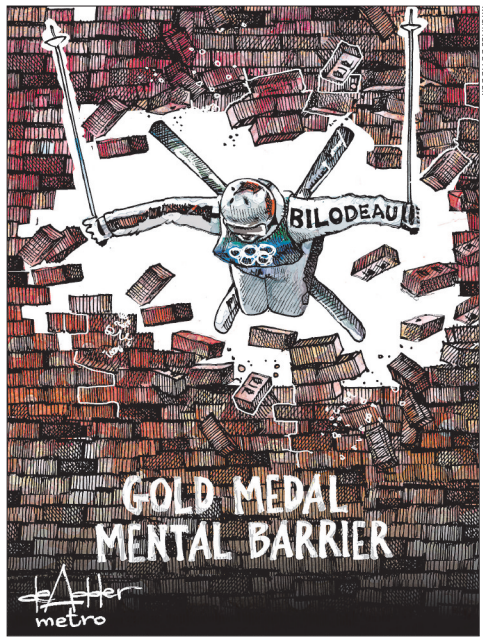
In British Columbia, only 55,000 of four million people are native French speakers. They are overwhelmed in the multi-ethnic province by those who speak South Asian or Chinese dialects.

The opening show did spotlight French singer Garou and three of the eight Olympic flag-bearers were from Quebec. Celine Dion had been invited but didn't attend. Games CEO John Furlong said only a handful of words in French in his welcoming address. Given his appalling pronunciation we were thankful he stopped at that.

The opening couple days of the Games had enough misfortunes — the death of the luger, the glitches with the hydraulic lifts at the torch lighting, the spring-like weather. Organizers didn't really need complaints about not enough French to rain further on the parade.

Such complaints may have some merit. But Canadians don't want to hear them any more. They have heard them for 40 years running.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

Roller-coaster market can produce wealth

InBusiness
Charles Davies

metronews.ca/inbusiness

Forget about following day-to-day stock market action. It is too unstable (a bounce up on unexpectedly healthy employment figures, a stumble as investors suddenly grasp the depths of Greece's financial woes) and only breeds nausea, heartburn and indigestion.

The longer view, on the other hand, can be, and usually is, cheerily optimistic. Despite its recent gyrations, the market, measured by the S&P/TSX Composite Index, is nearly 50 per cent above its bottom of last March.

That's very good news. It's sad, then, that so many Canadians have completely missed out on it, with negative consequences for themselves, and the economy. A recent report estimates that over the past year or so, Canadian investors have tucked away as much as $90 billion in hyper-safe but low yielding investments like savings accounts and guaranteed investment certificates rather than chancing the equity market.

It's worth reflecting on this depressing phenomenon here as the end of RRSP season nears. Retail investors have always been creatures of extremes, driven into hiding by bear markets; then becoming cockeyed, nay greedy, opportunists after the bull has taken flight. They almost invariably manage to be counterintuitive, selling low and buying high. In the quest for security, they ignore the fact that a gradual and consistent accumulation of stocks through good times, and especially bad times, eventually produces wealth.

In part, the risk aversion is understandable. A whiff of casino atmosphere has always hovered over the stock market, and we've just been through the worst of a recession that has ruthlessly pared jobs and incomes. And remember, the recession was triggered by the proliferation of arcane financial instruments that are often incomprehensible, even to their creators. This kind of stuff terrifies investors, especially older ones who are more liable to be concerned with preserving savings for the cost of nursing home care than building a portfolio.

But think longer term. Freight car loads of personal finance books and miles of copy on the subject in the popular press have failed to convince investors to build their wealth the sensible way, by making a long-term commitment to stocks, and by patiently riding out the rough patches.

Typically, Canadians prefer to avoid investing in public companies — even though their public and private pension plans gladly do — that could use the money to spur growth, jobs and wealth. Better to put your money in a low-interest bank account at an institution that will be reluctant to relend it. It's safe, but it's not smart.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

Worth mentioning

Simpsons help sweep curling to the spotlight

VANCOUVER 2010Games

In a sport that finds itself struggling for self-respect and legitimacy, sometimes any publicity is good publicity.

Curling is followed rabidly by fans in Canada, but when it comes to the world stage it's often misunderstood and the target of good-natured and, sometimes, not-so-good-natured humour.

Now, thanks to the long-running comedy The Simpsons, the sport has received a welcome and humorous boost just prior to competition beginning today.

And instead of discussing ice, rocks or competition yesterday, Olympic curlers were talking about Homer and Marge Simpson taking up the sport.

"Pack your winter coat, we're going to Canada's warmest city," says Homer after he and Marge join a team along with Principal Skinner and his mother.

"Let's give the Olympics a miracle — only this time on ice," he says later on the show, which was broadcast Sunday night.

Jackie Lockhart, the third for Britain and a former world champion, said it doesn't matter if her sport was being made fun of.

"You don't want bad publicity but to laugh with it and laugh at it — it's great to just have a heartbeat," Lockhart said. "It means that we have been recognized."

It's the self-deprecating attitude that is almost symbolic of the sport. Members of the U.S. men's team got together to watch the episode.

"I thought the show did a good job of getting out to a new audience and maybe introducing the game to a new audience," said coach Phil Drobnick.

THE CANADIAN PRESS

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World nearing 5 billion mobile phones

The number of mobile phone subscriptions worldwide has reached 4.6 billion and may reach five billion this year, the UN telecommunications agency said yesterday. THE ASSOCIATED PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

MCDONALD'S RESTAURANTS OF CANADA LIMITED HANDOUT/THE CANADIAN PRESS

Freestyle skier Alexandre Bilodeau, left, celebrated at the McDonald's at the Olympic press centre within hours of winning Canada's first gold medal on Canadian soil.

Bilodeau win is marketing gold

Even before Alexandre Bilodeau had Canada's first home-made gold medal slung around his neck last night, the country's newest Olympic hero was already garnering serious attention from Canadian companies eager to attach their brands to his historic feat.

Just hours after his win in freestyle moguls Sunday, Bilodeau celebrated with a trip to a local McDonald's, scarfing down a Big Mac and fries after posing for a publicity shot with grinning members of the restaurant's counter staff.

Winning a medal — particularly one with the significance attached to Canada's first ever Olympic gold won on Canadian soil — will likely lead to more opportunities for the 22-year-old skier to partner up with Corporate Canada.

For Bilodeau, accolades and tributes began to rain down on the moguls skier almost as soon as he had posted the win.

The Royal Canadian Mint and Canada Post stepped up quickly to honour the Quebecer's victory with the immediate release of gold medal commemorative coins and stamps, though they didn't mention the skier by name.

Russell Reimer, a managing partner at Agenda Sport Marketing, said Bilodeau could become a millionaire in his lifetime from corporate gigs.

"I could see several corporate partners wanting to align with Alexandre, I would say long-term commitments probably in the early six figures."

Reimer added that speed skater Cindy Klassen has likely earned more than $500,000 annually in the four years since her five-medal streak at the Turin Winter Games.

THE CANADIAN PRESS

Greece calls on Euro partners

CURRENCY Greece's finance minister said a detailed rescue plan from other eurozone nations would be the best way to soothe the crisis over fears that Greece could default on debt payments.

Eurozone nations pledged last week to aid Greece "if needed to guard financial stability" — but did not say how they would help the country.

Market worries of a default have hiked the cost of Greek government borrowing in recent months and caused the euro to slide to a near nine-month low. The Greek government says it isn't asking for a bailout. But Greek Finance Minister George Papaconstantinou said he would like to see the 16 countries that use the euro to "work out a mechanism so that if necessary the mechanism will be there" for any member that cannot pay its debts.

THE ASSOCIATED PRESS

New mortgage rules coming

HOUSING The federal government is expected to announce new rules today to make it more difficult for first-time buyers to enter Canada's housing market.

Sources have told The Canadian Press that Finance Minister Jim Flaherty is ready to move on the issue because of concern Canadians may be taking on too much debt.

Flaherty is expected to make an income test a condition for acquiring an CMHC insured mortgage.

THE CANADIAN PRESS

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SCANLIFE

Iceland's government hopes to dodge a referendum on a controversial debt payment plan with new negotiations in Europe. Scan this code for the story.

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Self-employed mortgages

AlisonOnMoney

It was a sad day when I sold my 1971 avocado-hued, Karmann Ghia. Oh sure, this "sports car of the people" didn't have the power or handling of its richer cousin, the Porsche. But it was a sexy number for a freelance writer to bomb around the streets of Vancouver.

ALISON'S MONEY RULE
It can be challenging for the self-employed to get a mortgage but ship-shape finances will put you on same footing as the average working stiff.

Therein lay the problem — freelance writer, i.e. self-employed, ergo a bad credit risk. Though I supplicated myself trying to borrow $4,000 to buy a first computer, my little, green beauty ended up financing my technology upgrade.

Later I hoped for better luck with a mortgage. I had 30 per cent saved but when the loans officers saw my income tax return they couldn't show me the door quickly enough.

The banks only took into account taxable income while I, like most self-employed, had many more deductions, such as use of home and auto, to lower that figure. Even with a hefty gross income, the self-employed have historically come up short as credit worthy.

But that's changing, according to mortgage agent Dianne Chafe with Oriana Financial in Toronto. "Financial institutions are more and more willing to look at gross income," she says. "If your finances are in good shape you should able to get as good a rate as an employed person."

Here are four tips to ensure that the phrase "self-employed homeowner" isn't an oxymoron for you.

1 Aim for 20 to 25 per cent down to reduce debt load and avoid expensive mortgage insurance.

2 Be able to prove you have been in business for at least two years. The easiest way to do this is to register your business. Check www.canadabusiness.ca/eng/guide/1282/.

3 Do a credit check on yourself to make sure there are no surprises.

4 Even though some lenders will take into account gross income (assuming your financial nose is clean), keep your total debt servicing — mortgage, condo fees, property tax, utilities and non-mortgage debt — as close as possible to 40 to 44 per cent of your net income.

If you work for yourself, follow these tips for a successful mortgage hunt.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Renovation credit can't be carried to next year

MoneyMatters

Q We bought our first home last year, using our RRSP's first-time home buyers plan for our down payment. The home required extensive renovations. Can I use the maximum home renovation credit for 2009 and carry the unused amount to next year?
— Jake and Allison

A You may claim the home renovation tax credit maximum of $9,000 ($10,000 less $1,000) for 2009. This was a one-time economic stimulus credit that applies only to 2009. Excess amounts may not be carried forward.

The federal government also has provided a $5,000 first time home buyer's tax credit for 2009.

When filing 2009 tax returns, look for other non-refundable tax credits:

- Tax credit for children under 18 at end of the tax year. No receipts required.
- Caregiver amount for parents or grandparents over 65 years living with you. No receipts required.
- Canada employment credit — every employed individual can claim. No receipts required.
- Public transit — keep passes. Receipts required.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

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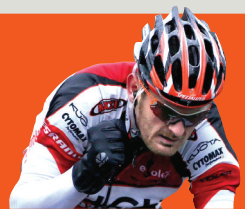
Jordan seeking to buy Bobcats: Coach

Former NBA great Michael Jordan could have a new role soon: Team owner. Charlotte Bobcats coach Larry Brown says Jordan is doing everything he can to become the majority owner of the club in his home state. THE ASSOCIATED PRESS

Sports



Warrant issued for Landis

A French judge has issued a national arrest warrant for U.S. cyclist Floyd Landis, left, in connection with a case of data hacking at a doping laboratory, a prosecutor's office said. Landis denied the hacking allegations in an e-mail to the Los Angeles Times yesterday and said no warrant has been served against him. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Canadians will face Maradona's squad

SOCCER Canadian soccer history will be made this spring when the national men's side travels to Buenos Aires to face Diego Maradona and his tremendously gifted, notoriously flawed Argentina team just weeks before the World Cup opens in South Africa.

The friendly match will mark the first time Canada and Argentina have met in international men's competition. It will also be the marquee game of Stephen Hart's first year as head coach of the Canadian team.

"When you're talking world football, you can't talk about it without mentioning Argentina," Hart said yesterday.

"They are one of the greatest nations in the game. This is a huge game for Canada and its players."

The game will be held at Estadio Monumental on May 24. THE CANADIAN PRESS

Sports in brief

SOCCER England's Premier League is reportedly considering the introduction of playoffs to decide which team takes its fourth Champions League place. The top four clubs currently qualify automatically for Europe's top club competition but The Guardian newspaper says the Premier League could reduce that to three and give the final place to the winner of end-of-season playoffs involving teams finishing fourth through seventh. THE ASSOCIATED PRESS

Blockbusters brewing?

Trades could bring some all-star help for Wade, James

Electrifying as teammates for one night, imagine LeBron James and Dwyane Wade together for an entire season.

At least one of them does.

"We can dream, can't we?" Wade said. "I dream."

After watching them Sunday night in the all-star game at Cowboys Stadium, who wouldn't? Well, except rival coaches.

"I don't think you needed to see tonight to understand that that would scare any of us in this league," Eastern Conference coach Stan Van Gundy said.

Wade scored 28 points and was the MVP, James added 25 and the East beat the West 141-139 before 108,713 fans, the largest crowd ever to attend a basketball game.

A James-Wade partnership could happen, but that wouldn't be until the summer. In the meantime, one or both of them still could get some all-star calibre help.

The NBA trade deadline is Thursday, with Cleveland and Miami among the teams most frequently appearing in the usual mid-February speculation. And for the second consecutive year, much of it focuses on Amare Stoudemire of Phoenix.

The Cavaliers and Heat both have been linked to the all-star forward, a terrific Plan B if neither can make a James-Wade tandem happen.

"I'm aware of the talk just like everybody else," James said. "I've been a part of guys getting traded to our team and getting traded away from our team. I never get caught up into it until I know or hear from our coaching staff or GMs that the deal has actually happened."

The Cavaliers may not need a deal after rolling into the break with a 13-game winning streak and an NBA-best 43-11 record, even without the injured Mo Williams. But they also want to show James they are totally committed to winning before he becomes a free agent this summer, and there's still some improving that can be done.

Cleveland thought it had a team that could win last season, but Orlando exploited its lack of athleticism at the power forward spot in the Eastern Conference finals. A player such as Stoudemire or Washington's Antawn Jamison could fill that void.

Miami needs a little of everything after reaching the break in seventh place in the East with a 26-27 record. Wade has warned the Heat his decision to stay this summer will be based on whether he believes his team can be a contender. THE ASSOCIATED PRESS

RONALD MARTINEZ/GETTY IMAGES

LeBron James and Dwyane Wade of the Eastern Conference celebrate their 141-139 victory over the Western Conference in the NBA all-star game in Arlington, Texas, on Sunday.

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SCANLIFE
A remade Dallas Mavericks squad exits the break looking to challenge the Lakers' dominance

Few impact free agents left in CFL

FOOTBALL Amidst the workouts and the waiting, Byron Parker has been watching. From his off-season home in Atlanta, the veteran CFL cornerback stumbled across an Olympic biathlon broadcast over the weekend and was astonished to learn that "guys are getting medals for skiing and shooting BB guns."

Parker has spent the winter wondering what kind of reward he might receive when he became a free agent. The 28-year-old was set to find out this morning, when a modest group of established free agents would be free to sell their services to the highest bidder.

Some of the biggest names had already re-signed with their teams before the deadline, including Calgary running back Joffrey Reynolds and Saskatchewan receiver Andy Fantuz. Only two established running backs (Toronto's Jamal Robertson and Saskatchewan's Wes Cates) and one quarterback (Saskatchewan's Steven Jyles) were left on the market heading into the free-agent period.

Not every team embraces the free-agent market. Montreal general manager Jim Popp has historically been among the least active in free agency, opting instead to groom and retain his own players. THE CANADIAN PRESS

Getzlaf cleared to play

Ryan Getzlaf has been cleared to play for Team Canada at the Olympics. The Anaheim Ducks centre missed a couple NHL games this week with a sprained left ankle. THE CANADIAN PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Marty's last stand?

Veteran goalie ready for fourth Olympics

Martin Brodeur thought his Olympic dream had ended.

As the disappointment of a seventh-place finish truly began to set in four years ago, the veteran goaltender wondered if he'd played his last game for Team Canada. The Vancouver Games seemed a long way away at that point, and Brodeur knew it was far from certain he'd still be among the best in the game at age 37.

Yet, here he is, back for a fourth Olympics and still among the league leaders — first in shutouts and second in victories at about the three-quarter mark of the season.

"After the last one, I didn't know where my game was going to be at," Brodeur said in a recent interview. "I'm excited to still be on top. Playing well, feeling good. I have that drive to play. I think that's the thing, when you get a little older, wanting to play and wanting to be the guy (is important)."

Martin Brodeur

There's a good chance Brodeur will end up being the guy for Canada during these Olympics.

Even though Brodeur and Roberto Luongo have each had some recent struggles, they're likely Nos. 1 and 2, with Marc-Andre Fleury sitting in the third spot.

No Canadian goalie can match Brodeur in terms of experience. And with seven shutouts already this season, there's reason to believe he's still on top of his game.

"You look at the year he's having, wins and statistics don't lie," said Canadian defenceman Chris Pronger.

"He's certainly playing very well ... A guy with his experience and his credentials is certainly somebody you want between the pipes in the big games."

Interestingly, Brodeur grew up only a few blocks from Luongo in Montreal and both were also part of the 2006 Canadian Olympic team. The one thing that stands out for Luongo about his teammate is the chasm between his on-ice and off-ice personas.

"He's a big competitor," said Luongo.

"The thing I like about him the most is he's laid back and he has fun with it. You see him before a game, he's very relaxed and joking around with guys ... But you know deep down inside he wants to win just as bad as anybody else." THE CANADIAN PRESS

Luongo gets nod

- Roberto Luongo will be Team Canada's starting goalie for the first game of the Olympic men's hockey tournament.
- Coach Mike Babcock said the Vancouver Canucks goaltender will start tonight against Norway while Martin Brodeur gets Switzerland Thursday.

Cross-country **Swedish gold**

MATTHIAS SCHRADER/THE ASSOCIATED PRESS

Gold medal winner Charlotte Kalla of Sweden is flanked by silver medal winner Kristina Smigun-Vaehi from Estonia, left, and bronze medal winner Marit Bjoergen of Norway yesterday after the women's 10-kilometre cross-country ski race at the 2010 Olympics in Whistler, B.C.

VANCOUVER GAMES MedalCount

NATION				TOTAL
U.S.	2	2	4	8
France	2	0	2	4
Germany	1	3	0	4
Canada	1	2	1	4
Switzerland	3	0	0	3
Norway	0	2	1	3
Italy	0	1	2	3
South Korea	1	1	0	2
Czech Republic	1	0	1	2
Netherlands	1	0	0	1
Slovakia	1	0	0	1
Sweden	1	0	0	1
Australia	0	1	0	1
Estonia	0	1	0	1
Poland	0	1	0	1
Austria	0	0	1	1
Croatia	0	0	1	1
Russia	0	0	1	1

On the web

- Complete day-by-day event schedule
- Metro-Blenz News Squad on-the-ground blog

'I'm so happy to be second. It's amazing'

JEFF HODSON
jeff.hodson@metronews.ca

SNOWBOARD CROSS Canadian snowboarder Mike Robertson said it was a bittersweet moment when he glanced over while blazing down the snowboard cross course at Cypress Mountain and realized American Seth Wescott would repeat as Olympic champion.

"Obviously I wanted to win," said Robertson, who won Canada's fourth medal, a silver, yesterday in men's snowboard cross. "But I'm so happy to be second. It's amazing."

Robertson, 24, dominated much of the final race. After battling early with American Nate Holland, he took a commanding lead, but missed a landing late in the race. The error allowed Wescott, the defending gold medallist, to quickly close the gap and nose Robertson into second. France's Tony Ramoin took bronze.

Afterwards, Robertson praised the American as a "big event rider."

At 33, Wescott becomes the oldest athlete to medal in a snowboard competition.

He's ranked ninth in World Cup standings and has been riding so long that doesn't get very motivated for those races.

"It's not that fun for me to ride a crappy course in Bad Gastein, Austria, with zero visibility," Wescott said. "But, you get to Olympics and you get motivated."

Despite the 11th-hour cancellation of 8,000 standing room tickets, the crowd was boisterous and loud, clanging cowbells and waving flags.

There were large pockets of U.S. and France fans (one of whom even wore an oversized floppy blue beret) as both nations were expected to be medal threats. It was an overwhelmingly Canadian crowd though. As the final race began, a cheer of "Holland" morphed in to 'Rob-ert-son" before settling into "Ca-na-da."

"The whole Canadian team was ready to rock today," said Robert Fagan, who came fifth after he being relegated to the small final, which he won easily. "We were so energized ... you see how people are excited in the stands, that's exactly how we felt in the team."

What do you choose to do?

For more on 2010 Kindness Week, like guides for schools and workplaces, a listing of kind retailers and restaurants, daily kindness challenges and enough kindness tips to keep you going throughout the year, visit:

kindottawa.ca

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Germany's Pechstein hopes to compete despite ban

Five-time Olympic speedskating champion Claudia Pechstein of Germany says she has appealed to the Court of Arbitration for Sport hoping to compete at the Vancouver Games despite her doping ban. THE ASSOCIATED PRESS

Almost ready to toss some rocks

After much anticipation, Canadian curler Cheryl Bernard hits the ice today

Curler Cheryl Bernard won't have much time to get her feet wet at her first Winter Olympics.

The Calgary skip will make her Games debut today in front of what's sure to be a raucous Vancouver crowd and will square off against the woman who has claimed the silver medal in each of the last two Olympics, Switzerland's Mirjam Ott.

Easing into the tournament against a tough opponent, Bernard isn't worried.

"They're an offensive team and they'll go at it and I don't mind that game at all," Bernard said yesterday after her final training session in Vancouver. "I'm looking forward to playing them."

The 43-year-old, who clinched her spot at the Olympics by winning the Canadian curling trials last December, sounded as though she'd take on just about anyone if it meant finally getting the Games underway.

NATHAN DENETTE/THE CANADIAN PRESS

Team Canada second Carolyn Darbyshire, centre, jokes as skip Cheryl Bernard, left, and lead Cori Bartel smile during practice at the Olympic Centre yesterday at the 2010 Olympic Winter Games in Vancouver. The Canadian rink will take on Switzerland today.

"I came in (the media area) and I said, 'I don't know what else I have to say because we haven't played yet,'" Bernard said to reporters with her customary off-ice laugh.

While Bernard will open with a difficult matchup against Ott, the odds were quite high her first round-robin contest wouldn't be a walk in the park.

The women's Olympic curling field is deep and there's no shortage of teams that could wind up on top of the podium.

Sweden's Anette Norberg is the defending Olympic gold medallist and a two-time world champion.

China's Bingyu Wang won the world championship last year and has been picked by some to claim gold in Vancouver.

And then there's Ott. With her two Olympic runner-up performances, the Swiss skip has become something of international curling's bridesmaid.

But she insisted she will be perfectly content with another silver, or even bronze, and appeared just as eager as Bernard to get the tournament underway.

"Now all the jet lag is gone, we are used to the Olympic village, we are used to all this entourage, the security, so we are really ready to start and happy that we can start (today)," she said.

THE CANADIAN PRESS

Drought

- Cheryl Bernard will be attempting to claim Canada's first women's gold in curling since Sandra Schmirler in 1998.

No sentimental victory for Quebec's Guay

SKIING Being the top Canadian didn't mean much to Erik Guay after the host country was shut out of the medals in the men's downhill at the Winter Olympics yesterday.

The race was won by Switzerland's Didier Defago in one minute 54.31 seconds. Guay, from Mont-Tremblant, Que., was fifth in 1:54.64

"It's heartbreaking a little bit to be fifth," said Guay. "It wasn't a bad run and it's my best result of the year in downhill.

"You hope and pray for Olympic miracles. I would have loved to be on the podium but fifth place is where I am standing."

Manuel Osborne-Paradis of Invermere, B.C., was seen as Canada's top medal threat in the marquee event on the alpine skiing schedule. A couple of mistakes cost him time and he finished 17th in 1:55.44.

"It's tough," said Osborne-Paradis as he slowly sipped from a water bottle. "There's three spots that mean something.

"It's just a bad feeling."

Defago's gold was the first for Switzerland in the Olympic downhill since the 1988 Calgary Games.

Norway's Aksel Lund Svindal, the defending overall World Cup champion, was second in 1:54.38 while American Bode Miller was third in 1:54.40.

THE CANADIAN PRESS

Canuck boarders told to loosen up ... their pants

CLOTHING When Olympic snowboard cross racers hit the mountain for the last day of training before the men's event, their conversation slopeside included strategy, track conditions and fashion — especially the Canadians' ever-so-tight snowpants.

American boarders, riding in their baggier gear, have been gently ribbing the Canadians during training runs, telling them to loosen up a little.

"We want to keep the cool factor in snowboarding, we don't want it to go speed suits," Nick Baumgartner said on Cypress Mountain.

Fellow U.S. rider Nate Holland said the Canadian team is pushing the limits of a long-standing gentlemen's agreement to keep boarder-crossers in loose-fitting pants.

The form-fitting team pants worn by some Canadians give them an aerodynamic edge and even threaten the future of snowboard cross itself, he said.

"It's the red-headed stepchild of snowboarding, and so I think it's just really important to keep that integrity intact," Holland said after the last day of men's training before yesterday's Olympic event.

"I'm a snowboarder through and through and boardercross is a freestyle snowboarders' race. I think it should stay that way."

Canadian veteran Drew Neilson acknowledged the Canadian pants are a little more snug than those worn by the Americans, but he doesn't think there's a big difference.

"Everyone has their own different style, there's some other people out there who have tight pants as well," he said.

THE CANADIAN PRESS

Canadian snowboarder Robert Fagan

Field of Play

Scott Russell

Alexandre Bilodeau's gold medal has changed things for Canada. Read Scott Russell at www.metronews.ca.

Canada headed to semifinals after handing Swiss blowout

HOCKEY Canada punched its ticket to the semifinals of the Olympic women's hockey tournament yesterday with a 10-1 win over Switzerland.

The Canadian women improved to 2-0 and can finish first in Group A with a win over Sweden in the final preliminary-round game for both countries tomorrow.

The top two teams in each group advance to the semifinals Feb. 22.

The top seed crosses over to play the runner-up in the other pool in the semis.

While Canada's high goal output may seem unnecessary to some, should Canada and the U.S. meet in the final with the same record, the country with the better goal differential will be designated the home team.

Meghan Agosta of Ruthven, Ont., paced Canada with a pair of goals. Jayna Hefford of Kingston, Ont., scored her second short-handed goal of the tournament and the hosts also got goals from Montreal's Catherine Ward, Marie-Philip Poulin of Beauceville, Que., Toronto's Cherie Piper, Gillian Apps of Unionville, Ont., and Sarah Vaillancourt of Sherbrooke, Que.

Goaltender Shannon Szabados of Edmonton earned the win in front of an enthusiastic capacity crowd at the 6,800-seat Thunderbird Arena at the University of British Columbia. THE CANADIAN PRESS

Scoring onslaught

- Canada, the defending Olympic champion, has outscored its opposition 28-1 in its first two games. The 18 goals scored against Slovakia on Saturday were an Olympic women's hockey record.

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Fundraising initiative

Toys "R" Us is partnering with Autism Speaks, an autism advocacy group dedicated to funding research into the causes of autism. Monetary donations are being accepted at nearly 70 stores across the country or online (Toysrus.ca) from now through April, which is Autism Awareness Month. METRO NEWS SERVICES

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Healthy home habits mean healthy kids

CELIA MILNE
for Metro Canada

Is your child headed for obesity? Here's some advice your grandmother might have given you — chances are slimmer that your kids will be fat if they eat meals at home, don't watch too much TV, and get lots of sleep.

Researchers in Ohio analysed data on thousands of four-year-old children to find out whether some good, old-fashioned household habits were associated with lower risk for obesity. And the results were quite dramatic.

"Children living in households where they regularly ate dinner as a family, got enough sleep at night, and were limited in their daily TV viewing were 40 per cent less likely to be obese compared to children who had none of these household routines," said Dr. Sarah Anderson (PhD), assistant professor of epidemiology at Ohio State University and lead author of the study.

Each of the routines had been linked in previous studies to lower obesity, but this was the first time researchers had studied such a large group of children to assess the benefit of using all three routines.

"Each of these household routines by themselves was associated with lower risk for obesity, and the more of them children had, the better," said Anderson.

PHOTOS.COM

Kids who eat regular meals with their families are less likely to be obese.

The study involved a national sample of about 8,550 four-year-old children enrolled in the Early Childhood Longitudinal Study in the U.S. Eighteen per cent of the children were obese.

Although every family and every child is different in terms of what's needed, there are a few targets to aim for. "We saw a lower risk of obesity associated with 10 and a half hours of sleep each night, two hours maximum of screen-viewing time per day, and family meals more than five times per week," said Anderson.

Screen time includes time spent watching videos and DVDs.

Establishing these routines probably has other benefits to children's development, such as emotional stability.

"Families with young children may want to consider what it would take for them to have these routines for their child," she said.

The study is scheduled for publication in the March issue of the journal Pediatrics. Anderson's co-author was Robert Whitaker, professor of public health and pediatrics at Temple University.

We want our politicians family-friendly please

The J Spot

As many a media columnist and commentator have pointed out since Adam Giambrone bowed out of Toronto's mayoralty race when it came to light that he was a big old cheater, the man's private life is none of our business and should have no bearing on his ability to do his job.

I tend to agree. And every time another political sexual scandal comes to light, I can't help wondering how all of us would stand up if our ability to do our job were based on how we conduct our private romantic lives.

But his privacy isn't the issue, many other media columnists and commentators cried. The issue is that he lied about it when confronted by the media.

"We want our politicians to be human, relatable and accessible but still morally and ethically less flawed than the rest of us."

How can we put up with a politician who lies? Right, because politicians have such a great reputation for not lying. Would we have been happier if he'd simply come right out and said, "Yes, I'm a big, old cheater"?

No, of course not. That would be political suicide. Giambrone knew this. He admitted as much in a text to Kristen Lucas, the young university student with whom he was having an affair, when explaining why live-in girlfriend Sarah McQuarrie and not Lucas would be by his side during the campaign: "It is important for the campaign … I had to have someone political," he wrote.

So, while the rest of us run around wrestling with the realistic challenges of finding, keeping and maintaining love in a social landscape of constantly shifting and expanding sexual mores, we still expect our politicians to project a 1950s sitcom image of family stability.

In other words, we want our politicians to be human, relatable and accessible but still morally and ethically less flawed than the rest of us.

Ultimately, I don't care about the sex life of my politicians and yes, I do care about their honesty. But, maybe if we didn't expect our politicians to come across like Ward Cleaver with June at his side, they'd feel less pressure to lie about their perhaps-less-than-perfect personal lives.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Breast Cancer Foundation connects

The Canadian Breast Cancer Foundation has created a free iPhone app so users can get the latest breast cancer information, register for the 2010 CIBC Run for the Cure and stay connected with a thriving online community. METRO NEWS SERVICES

Remember they're actors not doctors

Television medical dramas can be misleading when it comes to the proper way to deal with epileptic seizures or convulsions, say researchers, who have found that small-screen doctors and nurses do it incorrectly more than half the time.

In a study by Dalhousie University, researchers screened all episodes of the top medical shows, including Grey's Anatomy, House, Private Practice and the last five seasons of ER.

Of 327 episodes, there were almost 60 examples of patients experiencing seizures or convulsions, said lead investigator Andrew Moeller, a third-year medical student at the Halifax university.

Of those, most took place within hospital settings on the shows and were treated by "nurses" or "doctors."

The study found that in 25 cases — about 46 per cent — the story line had health providers giving first aid for seizures in an inappropriate manner, said Moeller, who screened all 327 episodes of the medical shows.

Proper treatment was shown in 17 seizures, or about 29 per cent of the time, while appropriateness could not be determined in 15 cases, or about 25 per cent of the total.

"What we characterized as inappropriate handling of it was trying to stop someone's seizing movements, trying to hold the person down or sticking something in their mouth," he said from Halifax.

"What you should be doing is clearing the area of harmful objects. If it's possible, rotate the person onto their side to keep them from hurting themselves — it's called the recovery position — and if possible put something soft under their head."

"And once they're finished the seizure, just staying with the person until they recover their full consciousness."

Moeller, who conducted the study with Halifax neurologist Dr. Mark Sadler, said the concern is that viewers who are unaware of the proper way to give first aid to someone having a seizure will take their cue from what they see on TV.

"And (they could) inadvertently hurt someone when they're actually trying to help someone."

Moeller said holding a person down or trying to stop their seizing movements can cause bruises or cuts, and in rare cases serious muscle damage.

Chyler Leigh and Jesse Williams show you how it's done on Grey's Anatomy. Well, maybe not.

"Sticking something in someone's mouth is more dangerous. Most of the time you're probably just going to smash their teeth and cut up their tongue," he said. "Some detrimental things that could happen from that could be smashing some teeth out and the person inhaling their tooth or inhaling some blood.

"That's very rare, but it is a possibility. You want to avoid that at all costs."

"The study found that in 25 cases — about 46 per cent — the story line had health providers giving first aid for seizures in an inappropriate manner."

People having seizures can bite their tongues, he agreed, but stressed it's far more dangerous to stick an object like a stick or pencil in their mouths.

Moeller said a more detailed analysis from the study will be presented at the American Academy of Neurology's annual meeting to be held in Toronto in April.

THE CANADIAN PRESS

Thinking about shingles

VACCINE Canadians over age 60 may want to consider being immunized against shingles.

Anyone who has had chickenpox is at risk of developing shingles later in life, and anyone who has ever known someone with shingles knows it's extremely painful.

The Canadian Pain Society wants to create awareness that a vaccine is available. Zostavax was approved by Health Canada in 2008.

In the Shingles Prevention Study of 38,000 people over age 60, the vaccine reduced the risk of developing herpes zoster (the virus that causes shingles) by 51 per cent.

Some people who get shingles develop chronic nerve pain that is difficult to treat.

The vaccine reduced incidence of long-lasting pain by 73 per cent.

CELIA MILNE/METRO CANADA

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VENEERS MAY RESTORE THE LUSTER TO YOUR SMILE

Time has a way of taking its toll on our bodies and our teeth. As we age, we may find that our teeth may lose some of their whiteness, become chipped or cracked. All of these issues may result in our hiding a smile that we were once only too happy to display to the world.

The good news is that dental technology offers a number of solutions to get your smile back. The simple application of bonding material may be sufficient to deal with minor cracks or chips.

If your concern is just the loss of a bright, white smile, whitening may be all that you need. Of course, whitening only has a temporary impact and you may have to repeat the treatment on a regular basis to maintain that white appearance.

If the overall health of the tooth has been compromised, crowns or implants may have to be considered. While the processes for these can be extensive, the results can be spectacular.

Often, just like Goldilocks, something that is in the middle proves to be "just right" for you. You may need more than bonding or whitening, but not as much as crowns or implants.

Dr. George Parry
Dental Surgeon

You may need veneers.

Veneers are custom-designed shells, made of either porcelain or ceramic, made to fit on the face of your own teeth. While they have been used for approximately 30 years, the translucent quality of today's veneers are such that they have a very natural appearance. People will be unable to tell they are not your natural teeth!

Most importantly, they bring the shine back to your smile. Chipped or cracked teeth can be reshaped to look like they fit together perfectly and naturally. Dull, stained or discoloured teeth can return to dazzling white in appearance.

And it can all be done quickly and easily. In fact, if your dentist uses a E4D or CEREC machine, your ceramic veneers can be installed with only one visit to the dentist.

Imagine…you may be just one visit away from the most beautiful smile you have had in years!

While veneers can be very durable, just like your natural teeth, they can crack, chip, break or become stained over time. You will have to care for them as you would care for your natural teeth. That means regular brushing, flossing and trips to the dentist.

With proper care, veneers can provide you with a youthful smile for years… a smile you can take pride in flashing. And giving people the confidence to flash a big smile is something we take pride in as dentists… because smiling is a healthy habit…and healthy habits lead to healthy lives.

Dr. George Parry
- Dental Surgeon

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What is organic?
What makes milk or meat organic? After a drawn-out debate, the U.S. Agriculture Department has significantly narrowed the definition to livestock that spend a third of the year grazing on pasture. THE ASSOCIATED PRESS

Food

Pancakes in a shake

Celebrate Shrove or "pancake" Tuesday in a pinch (or rather a "shake") with Dr. Oetker's new Shaker Pancake mix. With all the dry ingredients already prepped, all you have to do is add one cup of milk or water to the bottle and shake. The mix is trans fat-free, a source of fibre and prebiotic. (The batter can also be used in a waffle maker). Available at most grocery retailers in Buttermilk or Chocolate Chip flavour for $2.99. METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

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metronews.ca/liquidassets

Cheers to B.C.

Confession time — I'm not that big a fan of the Olympics. Ever since they started letting professional athletes compete against other professional athletes, I've soured on the whole concept. That said; it is hard not to get swept up in the "Go Team Canada" vibe of these winter games.

Of course, hosting has its benefits. It's an amazing opportunity to show where our talents lie (and I don't mean just on the ice). Since British Columbia will see the brightest part of the spotlight it's also a chance for the rest of Canada to get a taste for the west. You can do it at home easy enough by raising a glass of B.C. wine.

Selection varies across the country with wines from Mission Hill Family Estate being some of the best and most readily available. Its **2006 Five Vineyards Cabernet Merlot VQA** ($16.45 - $18.99) from the Okanagan Valley is a ripe mix of plum and cherry fruit that has a subtle Bordeaux vibe that pairs well with most red meats.

Sandhill Estate Vineyard's 2006 Merlot VQA ($19.95 - $23.49) also calls the Okanagan home; showing off grilled beef-friendly flavours of dark red berry and cherry.

LARRY CROWE/THE ASSOCIATED PRESS

Fast and Intense Gumbo is a speedy recipe of the traditional hearty meal often associated with Mardi Gras. This dish is best left in the refrigerator overnight to help improve its flavours.

Mardi Gras grub

Celebrate with a speedy take on traditional gumbo

You may not get down to New Orleans for Mardi Gras, but that doesn't mean you can't eat as if you're there.

This speedy version of gumbo is prepared in two pans. Combined at the end, the two parts have all the flavour of the traditional hearty dish. If you have the opportunity, letting it sit in the refrigerator overnight will seriously improve the flavours.

While there are many different styles of gumbo across the South — including variations between Creole and Cajun — okra is a must-have ingredient (among other things, it serves as a thickener) of this meat- and seafood-rich stew. Most grocers sell chopped or whole okra in the freezer section.

Fast and Intense Gumbo

MAKES 8 SERVINGS

INGREDIENTS:

- 125 ml (1/2 cup) butter, divided
- 50 ml (1/4 cup) all-purpose flour
- 3 cloves garlic, minced
- 375 ml (1 1/2 cups) chopped yellow onion (about 2 small)
- 175 ml (3/4 cup) chopped celery (about 3 stalks)
- 500 g (1 lb) okra, chopped
- 1 can (398 ml/14 oz) diced roasted tomatoes with chilies
- 425 ml (1 3/4 cups) water
- 2 ml (1/2 tsp) dried thyme
- 5 ml (1 tsp) sugar
- Salt and ground black pepper
- 500 g (1 lb) sirloin steak, cubed
- 500 g (1 lb) large shrimp, peeled and deveined
- 500 g (1 lb) Andouille sausage, sliced into rounds
- 500 g (1 lb) crab meat
- Juice of half a lemon
- 30 ml (2 Tbsp) Worcestershire sauce

Mardi Gras, a.k.a. "Fat Tuesday" is today!

METHOD:

In a large, heavy saucepan over medium, melt 50 ml (1/4 cup) of the butter. Stir in flour and cook, stirring constantly, until mixture is a deep brown, about 10 minutes.

Stir in garlic, onion, celery and okra. Continue to cook until onion is translucent and okra is stringy, 8 to 10 minutes. Add tomatoes, water, thyme, sugar, 5 ml (1 tsp) salt and 1 ml (1/4 tsp) pepper. Simmer for 20 minutes.

Meanwhile, in a large deep skillet over medium-high, melt remaining butter. Add 2 ml (1/2 tsp) salt, 1 ml (1/4 tsp) pepper and steak. Sear beef, turning occasionally, for about 3 minutes. Add shrimp and saute until pink, about 2 minutes. Add sausage, crab, lemon juice and Worcestershire sauce. Stir gently to heat through.

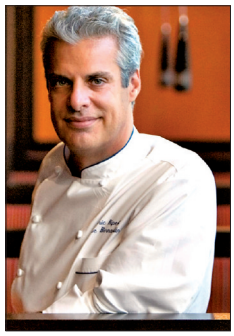
The mixtures can be combined in one pan to form the traditional stew-like dish, or the meat and seafood can be served over the vegetable mixture.

THE ASSOCIATED PRESS

Mardi Gras FYI

- Mardi Gras Day (which is also Fat Tuesday) is the last day of the Mardi Gras Carnival season. Mardi Gras day falls on a different date each year. It is always 46 days before Easter. For more information on the Mardi Gras parade in New Orleans and more food suggestions, visit mardigrasday.com.

METRO NEWS SERVICE



Eric Ripert, chef at Le Bernardin in New York.

Chefs expand notion of 'food porn'

NEW SHOW With a little help from Martha Stewart, Anthony Bourdain wants to expand America's notion of food porn.

Bourdain, the celebrity chef whose habit of slinging strong opinions and foul language has earned him a culinary bad boy rap, launches a no-holds-barred satellite radio program this week on Sirius XM's Martha Stewart Living Radio.

Among his goals? See just how uncomfortable he can make co-host and friend Eric Ripert, chef at Le Bernardin in New York.

"We're going to be doing a segment that we call food porn," he said in a telephone interview, referring to the excessively sumptuous and sometimes sexualized words and photography often used in food media.

"We're going to challenge each other to describe in as purple a language as possible some food we've had," he said. "I'm trying to see whether we can expand the food porn genre into radio. And I think we can do it."

The show, called Anthony Bourdain and Eric Ripert: Turn & Burn, will run for five weeks starting Thursday. It will cover numerous food subjects; listeners also can call in with questions.

The idea for the show developed after Bourdain and Ripert appeared together last year on Stewart's radio program, At Martha's Table.

"My feeling is if Martha Stewart asks you to do something, you do it," Bourdain said of the new program.

THE ASSOCIATED PRESS

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Surgery for Sutherland
Production on 24 has been suspended so Kiefer Sutherland can undergo a "minor elective procedure" after a cyst near his kidney ruptured last week. The 43-year-old actor missed work Friday, but production continued without him. TVGUIDE.COM

Entertainment

Name in the sky
Jim Carrey hired a skywriter to declare his love for Jenny McCarthy. The actress tweeted: "Just had sky writer come over our house and write J (heart) J in the sky. So fun. Anybody in LA go look at the sky." FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

The Beat down

Franco Howls like Ginsberg in new film

NED EHRBAR
for Metro Canada

Actor, director, graduate student and recent General Hospital guest star James Franco comes to the 60th annual Berlinale film festival with Howl, a film that blurs the lines between narrative and documentary in which he stars as Beat Generation writer Allen Ginsberg.

Franco tells Metro about playing Ginsberg, attending Columbia University and why he doesn't like starring in his own films.

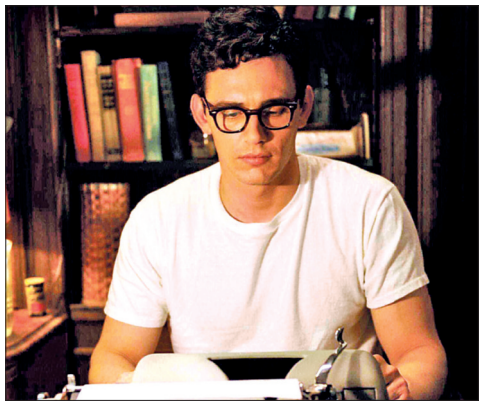
Q Was Ginsberg your favorite Beat writer?

A When I was younger, we probably read more Kerouac than Ginsberg. In the States at least, there are a lot of young people that are attracted to the Beats at a certain age. I was certainly attracted to them, but I think it's a fairly common experience. As an actor, I always thought I would play Kerouac or Neal Cassady. I never thought I would play Allen Ginsberg. So it was kind of a surprise when they asked me to do that.

Q Did you find the prospect of reading Ginsberg's poem Howl in the film daunting?

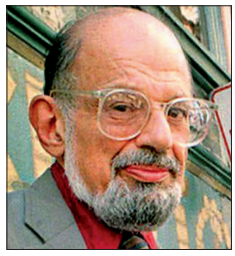
A No. I was pretty familiar with the poem. And I do readings like the one that's portrayed in the film, so it's something that I was fairly used to. It's just that I had to read it as if I was Ginsberg. He reads in a particular way, so it was just a matter of listening to his readings. There are probably six decades' worth of Ginsberg reading that poem, so I had a lot of material to draw from. I live in New York so I walk a lot, so it was just a case of listening to him every time I walked to school.

Q What prompted your return to school?



A I'd been acting for about eight years, and then I got a new understanding of what it was to be an actor. I realized that filmmaking is a director's medium, and as an actor I had a limited kind of participation in films. It's fine, I'm happy to fulfill that role as an actor, but I had other interests. So I went back to school. For me, school is very grounding. It's a way of studying other artists and writers and filmmakers. It's a much more grounded and intellectual way to study what I love.

Q What do you have coming up next?



James Franco, left, plays Beat poet Allen Ginsberg, above, in the new movie Howl.

A I'm going to do a movie with Danny Boyle called 127 Hours. It's based on the true story of Aaron Ralston, a mountain climber who accidentally got his arm trapped under a boulder in Utah while hiking. He was stuck there for five days and eventually cut his arm off with a pocket knife to escape. And he survived. We're going to shoot in Utah at the actual site where it happened.

Cheating in the digital age

Adultery? There's an app for that.

Just download any number of dating site applications onto your iPhone, even one specifically for extramarital flings.

"You land in Las Vegas and call up your Ashley-Madison app and up pop people looking for an affair," explains Noel Biderman, founder of Ashley-Madison.com, the personals site for cheaters. "Isn't technology awesome?"

Hmm. Tiger Woods may not think so, his wife reportedly not only scrolled through text messages to his lover but impersonated him in messaging the woman.

It may be oh-so-tempting, a horndog's hijinks just a keystroke away. But it's oh-so-easy these days to screw up: Incriminating emails, Facebook bombshells, titillating texts. Says Biderman, "It's digital lipstick on the collar."

Unwashable lipstick. "Anything digital can be sent or stored in perpetuity," warns technology consultant Scott Donaldson. "Technology is designed to leave footprints."

So is track-less two-timing even possible anymore? A dalliance without digital clues? We asked around.

"I get 10 or 12 calls a day from suspicious partners,"

says a private eye with Alfa Investigations in Toronto. He won't give his name. "We never use our real names. Call me Columbo."

He sounds matter-of-fact, a guy who's seen it all, including philanderers who don't use password-protected cellphones and forget to delete messages.

He says a devious and deep-pocketed adulterer could put a block on cellphone and text messaging transmission and reception that a third party can't intercept.

A wife can get away with cheating easier than a husband, says investigator Jim Marlowe.

Guys get cocky, leaving things around, an unlocked smartphone, an open web-

"Anything digital can be sent or stored in perpetuity. Technology is designed to leave footprints."
Scott Donaldson

page, a cellphone bill with itemized calls. Women tend to be less careless and more suspicious. "I've had wives come in and just say, 'I can smell the other woman.'" No high-tech answer to that.

He thinks an old-fashioned discrete affair is safest, quick local calls from a landline or payphone.

Rachel Wilkerson, a writer at Tech Coquette, a website for dating in the digital age, suggests some social media safeguards. Never make a paramour a Facebook friend or Twitter follower. Much too dangerous. And get rid of your Facebook wall feature that allows people to post. Much too tempting for nasty public messages should things go sour. Wilkerson calls it "peeing on his wall."

But covering tracks is also a tip-off. If the history on someone's computer is always clear, that's suspicious. "Who's never on any web sites?" says Wilkerson.

TORSTAR NEWS SERVICES

JOB CONNECT
71 BANK ST, 5TH FLOOR JOB SEARCH CENTRE (613)232-0022
JOB FAIR
Tuesday, February 23rd, 2010
1:00-4:00PM
71 Bank Street 5th Floor
St. Lawrence College Job Connect in conjunction with Black History Ottawa would like to invite the general public to our job fair!
For Further Information Please call (613) 232-0022 ext. 1601
Bring copies of your resume with you for the opportunity to speak to employers. We look forward to seeing you there!
EMPLOYMENT ONTARIO Ontario's employment & training network
St. Lawrence College
Black History Ottawa
This Employment Ontario program is funded by the Ontario government.

Bigelow coming to HBO

Academy Award nominee Kathryn Bigelow's next project will bring her to the small screen: The Hurt Locker director has been tapped to make an HBO pilot, The Miraculous Year, according to The Hollywood Reporter. TVGUIDE.COM

SECOND CUP
Buy one coffee, get a second cup on us.
Valid only at participating Second Cup locations from February 16 to February 19, 2010. Buy a medium size brewed coffee and receive a medium size brewed coffee for Free. Offer is limited to one Free medium size brewed coffee with purchase per voucher. Voucher has no cash value and is not valid with any other offer.

Airline apologizes to not-so-silent Smith

Kevin Smith says he's "way fat," but that shouldn't stop him from flying.

The director and actor says a pilot ejected him from a Southwest Airlines flight from Oakland to Burbank, Calif., saying he didn't fit properly in a single seat.

Smith raised a stink about the incident on his Twitter page Sunday, saying "I'm way fat, but I'm not there just yet," and "If you look like me, you may be ejected from Southwest Air."

He posted a picture of himself sitting on the plane with his cheeks puffed out.

Southwest says its "Customer of Size" policy requires that travellers must be able to fit safely and comfortably in one seat or make other arrangements.

After a storm of angry online comments from Smith and his fans, the airline issued an apology first from its own Twitter account and later in a statement on its website titled Not So Silent Bob, a jovial jab at the Silent Bob character Smith plays in many of his films.

"We would like to echo our tweets and again offer our heartfelt apologies to you," the statement said.

"I'm way fat, but I'm not there just yet... If you look like me, you may be ejected from Southwest Air."
Director Kevin Smith

Director Kevin Smith raised a stink on his Twitter page about his ejection from a SouthWest Airlines flight.

The airline said it also accommodated Smith on a later flight, gave him a $100 voucher and apologized by phone.

Both Smith and the airline acknowledged that he had bought two seats for his original flight from Oakland, where he had spoken at the Macworld Expo conference.

But he was flying standby in order to catch an earlier flight, and only one was available.

Smith insisted that he was still able to put both armrests down and buckle his seat belt, which is Southwest's standard.

Smith is the director of the new Bruce Willis movie Cop Out, and previously directed the films Clerks and Chasing Amy.

THE ASSOCIATED PRESS

Jolie talks Haiti visit

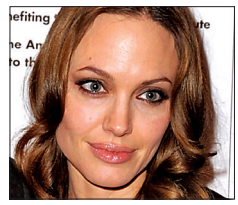
CNN's Christiane Amanpour recently spoke to actress Angelina Jolie about her experiences in Haiti for her 30-minute interview show Amanpour. Here is Metro World News' exclusive excerpt from that interview.

Q In the two days you have been there what are your impressions?

A It is absolutely the most complex post-disaster situation I think anybody, whether government or U.N., has ever faced. But what is being done is extraordinary, and the Haitian people are so dignified. They're calm, they're helping themselves. They inspire me. I see many children with amputations who are smiling and strong and talking about their future. You realize that these people have suffered so much for so long that, in fact, they are so resilient. It's almost sad how used to struggling they are.

Q What motivated your visit?

A A few different things. I wanted to understand how the UNHCR could handle about 10 million internally displaced people.



Angelina Jolie

Even before the earthquake three-quarters of the population had no education. There was no civil registry, meaning no birth certificates, no land certificates, no death certificates. So how exactly is everybody going to start to organize these people when even registering them is a new challenge that everybody's facing.

Q The head of UNICEF alerted us to be aware of trafficking. How best can we protect the children?

A Well, I think we have to enforce the law and work with the government. I know there's a new child protection cluster that's formed that's doing everything they can to kind of coordinate. They're talking a lot about reunification. I talked to ICRC about this reunification programme, because that's the most important thing, to try to track everybody.

But as we said, it's very difficult without birth registrations. And for myself, as somebody who is an adoptive parent, I understand the urge to assist in that way, but now is not the time. An emergency is not the time for new adoptions anyway. I'm personally going to assist in-country organizations like SOS that, in fact, do raise orphans in country with widows.

BY CHRISTIANE AMANPOUR/CNN

If you treat your friend to a better cup of coffee
do you still owe them money?
Use the coupon above to find out.
SECOND CUP

DVD picks

Law Abiding Citizen

Directors: F. Gary Gray

TAKE MOVIE vigilantism to its horrific extreme and the result is Law Abiding Citizen, a brutally effective and alarmingly cathartic combination of Death Wish and Saw.

You have to credit director F. Gary Gray (Friday) and screenwriter Kurt Wimmer (Street Kings) for recognizing the darkest instinct of vengeful vigilantes and their societal cheerleaders: They don't just want bad guys imprisoned, they want them destroyed.

That's the psychological ledge Gerard Butler's Clyde Shelton is pushed out on, after he witnesses two men rape and murder his wife and young daughter in his own home.

Previously a believer in the justice system, this mild-mannered engineer suffers a psychotic reversal after showboating Philadelphia prosecutor Nick Rice (Jamie Foxx) cuts a deal with one of the killers. The main bad guy gets a reduced prison sentence in return for testifying against his oafish accomplice, who goes to Death Row.

The film becomes increasingly implausible. Yet it maintains incredible momentum, thanks in no small part to strong performances by Butler and Foxx.

DVD extras include a commentary by producers Lucas Foster and Alan Siegel DVD and several featurettes that explore the justice issues raised by the film.

Coco Before Chanel

Director: Anne Fontaine

THE CREATION of a defining style and the relentless promotion of it are the hallmarks of all major talents, and fashion designer Coco Chanel seemed to understand this right from the cradle.

As seen in Coco Before Chanel, a movie of invention more than romance, the young French fashionista was creatively wielding her scissors and influence long before her name became synonymous with an iconic jacket, perfume and little black dress.

Anne Fontaine's impressively understated film is structured as a literal rags-to-riches tale. It follows Chanel from her impoverished beginnings as an abandoned child raised by nuns up to her late 20s, and the start of her fashion empire in the early part of the last century.

But it's really a showcase of discovery, both of Chanel's ability to manifest her own destiny and of Audrey Tautou's uncanny ability to channel the designer's drive and resolve.

Extras include a commentary by Fontaine and several featurettes.

Peter Howell/for Metro Canada

Meditation education

Goldie Hawn wants to set up a Buddhist school in the U.K. The actress runs educational charity The Hawn Foundation in the U.S., which teaches children the Buddhist technique of Mindfulness training. **FEMALEFIRST.CO.UK**

MONTY BRINTON/THE ASSOCIATED PRESS

This season's cast of the Amazing Race.

Upton stumbles in Amazing Race

TV Caite Upton is already not following directions on The Amazing Race.

The former Miss Teen South Carolina, who famously flubbed a 2007 pageant question involving maps, and her boyfriend, Brent Horne, were in the front of the pack on the CBS reality series' 16th season premiere Sunday, but they didn't heed instructions to ride a funicular train and received a 30-minute penalty, dropping them from second to seventh place.

"We wrote on our hands at the beginning of the race details," Horne said, holding up his ink-stained paw.

"Unfortunately, mine kind of rubbed off, so I guess that's why we forgot," Upton joked.

Horne and Upton weren't the only team to blunder. Daniel and Jordan Pious, brothers from Barrington, R.I., lost a brush during a house painting task, incurring a 15-minute penalty at the finish line. Another pair of brothers, cowboys Jet and Cord McCoy from Tupelo, Okla., exchanged U.S. dollars for Brazilian reals — even though they were on their way to Chile.

The show airs every Sundays. **THE ASSOCIATED PRESS**

Bachelor defends his choices

Viewers angered by some of the reality tv show departures

If you don't like the decisions Jake Pavelka has made this season on The Bachelor... tough.

The starchy 32-year-old commercial flight instructor, who has flown through the 25 women vying for his affection faster than any leading man on the seemingly never-ending ABC dating franchise, says he doesn't need to justify his romantic choices to the show's fans, who have been especially vocal that he kept fire-starter Vienna Girardi around.

"I don't have anything to apologize for," Pavelka declared during a recent interview.

Girardi, a 23-year-old marketing representative from Geneva, Fla., has been the source of much drama this season and is one of three remaining women, all of whom Pavelka has professed he loves. The other two competing are 26-year-old swimsuit model Gia Allemand from New York and 25-year-old college admissions representative Tenley Molzahn from Newberg, Ore.

GREG ZABILSKI/THE ASSOCIATED PRESS

The remaining bachelorettes, from left, Tenley Molzahn, Gia Allemand, and Vienna Girardi toast with the Bachelor Jake Pavelka, a 32-year-old commercial flight instructor.

"I know that America doesn't really understand," Pavelka said. "It sounds so jaded and so bad, but who is the authority that says the human heart can't be in love with more than one girl at the same time? That's what I was taught, that it can only happen with one girl at a time, but that's not the truth. I was crazy about Ali, Vienna, Tenley and Gia.''

Viewers were distraught Pavelka did not try harder to persuade Ali Fedotowsky, one of the four contenders remaining on last Monday's instalment, to stay after the Facebook advertising account manager revealed she would lose her job if she didn't go back to work. Pavelka did not think Fedotowsky would actually leave, and doing so "broke my heart that night."

THE ASSOCIATED PRESS

Dr. Dre suing T.O. label over royalties

RAP Dr. Dre sued the new iteration of Death Row Records on Thursday claiming the label failed to pay royalties and released a new version of his iconic album "The Chronic" without his permission.

Dr. Dre

Dre, whose real name is Andre Young, filed the suit in federal court in Los Angeles against Toronto-based WIDEawake Death Row Records and its parent companies.

THE ASSOCIATED PRESS

Entertainment in brief

OSCARS TV presenter Barbara Walters says next month's Oscar interview special will be her last, ending a 29-year tradition. Walters made the announcement yesterday on the View. **THE ASSOCIATED PRESS**

Kenya's**Style**

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

DT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2/16/10 primetime	265	353	2	TVO	Blue Realm (DVS)		The Agenda With Steve Paikin		Walter's War		The Quantum Tamers		Agenda-Paikin
	211	331	3	GTV	Entertainment	ET Canada	NCIS (HDTV)		NCIS: Los Angeles		The Good Wife (HDTV)		News Hour
	-	-	5	SRC	Virginie (SC)	La Facture	Providence (HDTV) (N) (SC)		Trauma (HDTV) (N) (SC)		Le Téléjournal Nouvelles. (SC)		Vancouver
	209	342	6	CHRO	Lost "What Kate Does"		American Idol Part three of the Hollywood round. (N)				Past Life "Soul Music"		Comedy Now
	196	311	7	CTV	(6) XXI Winter Olympics Hockey, Figure Skating, Medal Ceremonies. (Live)								
	208	303	8	CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes	Kids in-Hall	Comedy Fest	CBC News: The National		The Hour
	-	360	9	NBC	Wheel Fortune	Jeopardy! (N)	XXI Winter Olympics Figure Skating, Snowboarding, Speed Skating, Skiing. (HDTV) (Live)						
	117	713	10	TVA	La Fièvre de la danse (SC)		Rock et Rol	Caméra Café	La Promesse (HDTV) (N) (SC)		TVA nouvelles	(10:45) Denis Lévesque	
	-	-	11	QS	(6:30) Jeux olympiques d'hiver: Vancouver 2010 Le hockey, patinage artistique masculin. Le hockey; patinage artistique masculin.								
	137	763	12	TFO	Panorama		Artisans du changement		*Tango* ★★★ (1998, Drame) Miguel Ángel Solá, Mia Maestro.				Facteur
	-	362	13	CBS	The Insider (N)	Judge-Brown	NCIS (HDTV)		NCIS: Los Angeles		The Good Wife (HDTV)		Two/Half Men
	216	395	14	OMN2	Family Guy	The Simpsons	XXI Winter Olympics Speed Skating. (Live)				Two/Half Men	King/Queens	Cold Case
	214	344	15	CITY	Law & Order: Special Victims		How I Met	Accidentally	Scrubs	Better Off Ted	Dark Blue		News
	115	343	16	CFMT	Two/Half Men	The Office	XXI Winter Olympics Snowboarding, Skiing. (Live)				Law & Order: Criminal Intent		Metropia
	218	345	18	CHCH	*Ms. Bear* ★★ (1997, Adventure) Ed Begley Jr., Kaitlyn Burke.				*No Contest* ★★ (1994, Action) Andrew "Dice" Clay.				News at 11 (N)
	-	361	20	ABC	Action News	Entertainment	Lost "What Kate Does"		Lost Locke seeks help.		the forgotten (HDTV) (N)		News
	512	396	24	CPAC	(6) Dossier public		L'Heure politique		Dossier public			Tête-à-tête	Dossier public
	651	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	American Idol Part three of the Hollywood round. (N)				FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	Help Wanted	NOVA (DVS)		Frontline (DVS)		Independent Lens Animals left behind.		
	205	312	104	CTV	(6) XXI Winter Olympics Hockey, Figure Skating, Medal Ceremonies. (Live)								
news	502	390	26	NW	Connect Today's biggest stories. (N)				CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	Situation Room-Wolf Blitzer		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	406	417	27	net	(6) XXI Winter Olympics Speed Skating, Figure Skating, Snowboarding, Skiing. (HDTV) (Live)								
sports	126	730	28	RDI	24 Heures en 60 minutes (SC)		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	(6) XXI Winter Olympics Curling, Snowboarding, Skiing, Biathlon. (HDTV) (Live)								
	410	403	52	SCR	Cabby Unlimit	Score Today	Court Surfing NBA news, scores and highlights.						Score Now
	411	457	56	OLN	Angry Planet	Bounty Hunter	Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters		Destin. Truth
	417	406	59	SC	Pass Time	NASCAR Hub	Monster Jam (HDTV)		Super Bikes!	Super Bikes!	Dangerous Drives (HDTV)		Pass Time
family	554	544	48	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	557	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	551	542	65	YTV	Fries That?	Prank Patrol	The Next Star		The Next Star		Family Biz	To Be Indie	Prank Patrol
cable variety	570	580	29	MM	The Daily Fix		Ranked!		Hammertime	Gimme Sugar	Entourage	Wild 'n Out	mmtop10.ca
	615	520	31	A&E	Criminal Minds (HDTV)		Criminal Minds (HDTV)		Psychic Kids: Paranormal		Paranormal	Paranormal	Paranormal
	628	584	32	SPKE	UFC Unleashed		UFC Unleashed		UFC Unleashed (HDTV)		Blue Mountain	Blue Mountain	Unleashed
	521	560	34	TLC	Little Couple	Little Couple	Cake Boss (HDTV)		19 Kids-Count	19 Kids-Count	Little Couple	Little Couple	Cake Boss
	145	761	35	TV5	Zoom animal		Découvrir le monde		Partir autrement		ADN	Nouva	TV5 Le Journal
	616	521	39	SHO	Relic Hunter		*My Name Is Sarah* (2007, Romance-Comedy)				Drop Dead Diva (HDTV)		NCIS
	620	523	40	BVO	Toller Cranston, Art of Being		Live at the Rehearsal Hall		*Callas Assoluta* ★★ (2007, Documentary)				Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Swamp Loggers (N)		Daily Planet
	575	583	43	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	This Is It
	601	562	45	SLC	Rich Bride Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
	625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Flt.-Conchords	Awesome	Daily Show
	294	529	47	TBS	Family Guy	Family Guy	House/Payne	House/Payne	Law & Order: Special Victims		*Biker Boyz* ★ (2003, Action), Derek Luke		
	600	564	49	H&G	House Hunters	Property Virgin	Million Dollar Listing (N)		Bang, Buck	Genevieve	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium		Fringe		InnerSpace
	581	566	53	MTV	Canada's Next Top Model		Canada's Next Top Model		Buried	Life of Ryan	16 and Pregnant (N)		MTV Live
	618	524	54	TROP	Parking Wars	Parking Wars	Rescue Ink		Dog Whisperer		End of Leash	Last 10	Tube Tales
	522	506	55	HIS	Ancient Discoveries		Cities of the Underworld		Pawn Stars	Pawn Stars	Ancients Behaving Badly		Crime Stories
	129	773	60	CD	Biographies "Colin Farrell"		Ondes de choc		Images-chocs		Gangland (SC)		Destr Expr
	261	394	61	V	Murder, She Wrote		Hallelujah!	When I Laugh	Quantum Leap		Unscripted (N)	Crazy for Love	Poltergeist
	602	567	62	W	Supernanny		Shopping Bags	Grocery Bag	Beauty Call	Style by Jury	How to Look Good Naked		Beauty Call
	269	350	70	APTN	XXI Winter Olympics Hockey.		XXI Winter Olympics Hockey. (Live)				XXI Winter Olympics Curling. (Live)		
	621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TMZ
	603	561	95	FN	Ricardo	Exotic	Dinner: Impossible		Heil's Kitchen		Good Eats	Good Eats	Restaurant

critics'corner

Paranormal Cops

In the series finale, "Messages From Beyond," a fellow police officer calls Ron and the team in to help uncover the mysteries surrounding his night job as a security guard at a banquet hall, where the investigators find there could be multiple spirits trying to communicate with the living. 10:30 PM on 31 A&E

NCIS: Los Angeles

Who shot Callen? The team gets a lead from a surprising source in this episode. The murder of a Russian woman leads Hanna and company to evidence that answers not only who tried to take Callen's life six months earlier, but why in "Pushback." 9 PM on 13 CBS 3 GTV

The Good Wife

Alicia gets ready to defend a scientist accused of arson, but she is caught off guard when Peter's attorney asks her to testify sooner than she had expected on Peter's behalf. Christine Baranski, Josh Charles and Matt Czuchry also star in "Unprepared"; Peter Riegert guest stars. 10 PM on 13 CBS 3 GTV

Do you want fries with that?
Agent Jason Trawick took girlfriend Britney Spears to McDonald's for Valentine's Day, usmagazine.com reports. The couple was spotted at a drive thru in Los Angeles Sunday afternoon. METRO NEWS SERVICES

Celebrity Buzz

etalk's Lainey Lui dishes out celeb dirt in three's

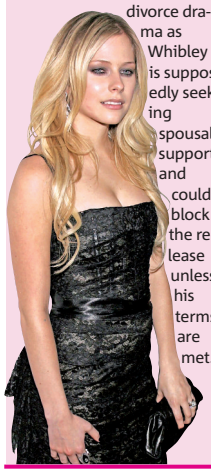
Three Talk
with Lainey Lui

AVRIL LAVIGNE. When she was just 14, Avril Lavigne won a singing competition to perform with Shania Twain. Since then she has sold 30 million albums worldwide and is now at once a musician, a model, an actor, and a designer, and will be featured on the upcoming soundtrack for Tim Burton's Alice in Wonderland. The newly single artist will release her fourth album this year. Here are three things you might not know about Avril Lavigne:

ONE The designs for her "juniors lifestyle brand" Abbey Dawn are featured in an online videogame called Stardoll where users can dress up their favourite starlets in Avril's clothes.

TWO Lavigne had a small pink heart with the letter "D" tattooed on her right wrist to honour her now estranged husband Deryck Whibley.

THREE Lavigne and Whibley worked together on her new album which has been delayed reportedly due to divorce drama as Whibley is supposedly seeking spousal support and could block the release unless his terms are met.



Lainey Lui is a reporter for etalk and runs the popular gossip site, LaineyGossip.com. As part of CTV's Olympic Broadcast Team, Lainey is on the ground in Whistler reporting on entertainment news from the Vancouver 2010 Olympic Winter Games. etalk

Charity returns funds

ACCIDENTS HAPPEN... The Brittany Murphy Foundation, which is run by Murphy's husband, Simon Monjack and mother, Sharon Murphy, hadn't filed the necessary documents to qualify as a charity or nonprofit group and is now returning all the donations, popeater.com reports. On Sunday, TMZ first reported that the foundation was not registered as a charity with the IRS or the state of California, as required by law. The foundation has issued an apology letter on the official website.

"In an effort to get the foundation off the ground quickly, we established it as a private foundation with plans to apply for nonprofit status down the road. However, after some thought, we have decided instead to wait until we have our nonprofit status approved before proceeding to ensure that we can truly honour Brittany's charitable desires.

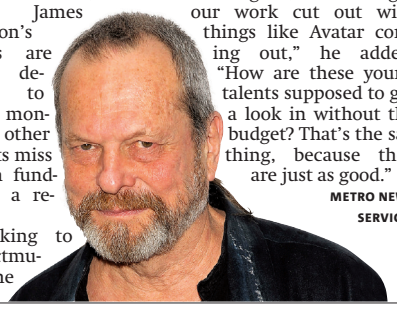
"Any donations made up until this point will be returned until we have all our paperwork solidified," the letter reads.

Monjack had planned a charity gala for the launch of the Foundation earlier this month, charging $1,000 per individual and $10,000 for corporations to attend the event, but canceled the bash at the last minute. METRO NEWS SERVICES

Gilliam says Cameron is hogging all the money

DAMN HIM FOR MAKING GOOD FILMS Terry Gilliam has criticized the box office smash Avatar claiming that it hurts smaller filmmakers, female-first.co.uk reports.

Gilliam, the filmmaker behind 12 Monkeys, Fear and Loathing in Las Vegas and The Imaginarium of Doctor Parnassus, claimed that James Cameron's movies are just designed to make money and other projects miss out on funding as a result.



Speaking to Contactmusic the filmmaker said: "There are so many small, beautiful filmmakers and actors and directors with so much potential that just can't get a look in because the studios are pumping all their money into these huge projects.

"There are such incredible lower-budget films that are magical, but we've got our work cut out with things like Avatar coming out," he added. "How are these young talents supposed to get a look in without the budget? That's the sad thing, because they are just as good." METRO NEWS SERVICES

Tiger gets a new toy

AND NO, IT'S NOT THAT KIND OF TOY Amid the scandals plaguing him and his marriage currently, Tiger Woods does have one thing he can reportedly look forward to: A new boat.

The 61-foot dive boat, christened Soli-tude, was built over the last two years and cost $1 million to $2 million US, sources tell People magazine.

"(It's) a dive boat and was designed for Elin (Nordegren), who loves the sport," a source says. METRO NEWS SERVICES

Love-Hewitt looking to elope?

AFTERALL, GETTING LEFT AT THE ALTER IS NO FUN. A previous botched engagement has Jennifer Love Hewitt reportedly antsy about a big, flashy wedding to Jamie Kennedy, and the pair are thinking of slipping away together to get hitched in private, sources tell Hollywood Life.

"Jennifer and Jamie are definitely planning on getting married, but she wants to elope because she was so humiliated over her broken engagement (to actor Ross McCall)," says a source who spotted the pair in Vegas checking out wedding chapels.

"Jamie wants a big wedding, but she's dead set on eloping and she dragged the poor guy from chapel to chapel." METRO NEWS SERVICES

Montag looking to get even bigger boobs done

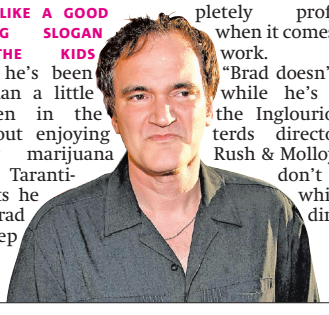
I DON'T KNOW WHY SHE WANTS TO GET BIGGER. SHE'S ALREADY MARRIED TO THE BIGGEST BOOB Heidi Montag will be getting more plastic surgery — just not anytime soon, people.com reports. "Eventually," she says, "for maintenance."

The MTV star, who has been a lightning rod since undergoing 10 procedures in one day, is thrilled with her new look, saying on the weekend that it was "the best decision I've ever made."

"My favorite part, I think one of them is my chin. I think that's what I was so excited about," Montag, said. "And I love my boobs but .. I didn't get them as big as I originally wanted." METRO NEWS SERVICES

No smoking dope at work

SOUNDS LIKE A GOOD ANTI-DRUG SLOGAN FOR THE KIDS Though he's been more than a little outspoken in the past about enjoying smoking marijuana Quentin Tarantino insists he and Brad Pitt keep things completely professional when it comes time to work.



"Brad doesn't smoke while he's acting," the Inglourious Basterds director tells Rush & Molloy. "And I don't smoke while I'm directing." METRO NEWS SERVICES

Follow these celebrities on Twitter...

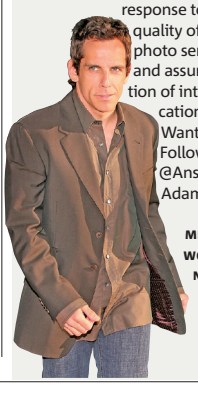
CelebTweets

MATTHEW PERRY wants to like figure skating and luge, **KIRSTIE ALLEY** doesn't have anything nice to say, and **BEN STILLER** doesn't like having his snapshots criticized.

@langfordperry Trying very hard to get into the winter olympics...

@kirstiealley back from the movies...won't comment on which one because it sucked and I don't want to speak ill of my profession.....what up?

@redhourben Surprised by the overwhelming negative response to quality of the photo sent and assumption of intoxication. Want art, Follow @Ansel Adams.



METRO WORLD NEWS

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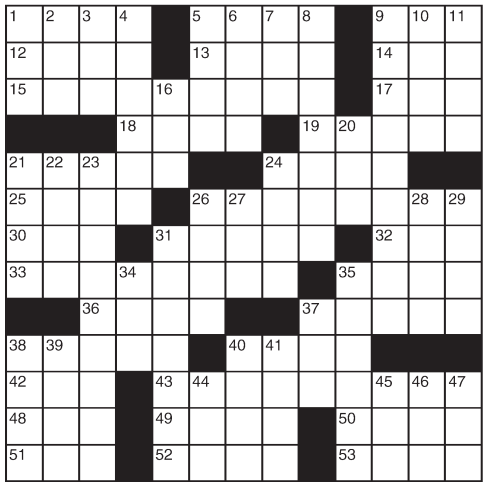
Today Variable 0°/ -6°
Wednesday Flurries 40% 1°/ -1°
Thursday Rain and snow 60% 2°/ -3°
You have voted us #1 for best forecasts on TV. Thank you Canada!

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



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47 Two, in Tijuana

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

2	5						7	4
			9		2			
9		3				8		2
		8	1		9	4		
	6						3	
		9	6		5	2		
1		5				3		7
			4		7			
8	9						4	6

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

5	1	7	4	6	9	2	8	3
9	4	6	8	2	3	5	1	7
2	3	8	5	7	1	9	4	6
7	8	9	1	3	2	6	5	4
1	6	2	7	5	4	8	3	9
4	5	3	9	8	6	7	2	1
6	2	1	3	9	5	4	7	8
3	7	5	6	4	8	1	9	2
8	9	4	2	1	7	3	6	5

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Rice-stuffed Cornish Hens

INGREDIENTS:
5 1/2 cups (1,375 ml) water, divided
2 tsp (10 ml) chicken bouillon
1 1/2 tsp (12 ml) salt
3/4 cup (175 ml) wild rice
1 1/2 cups (375 ml) long grain rice
1 lb (500 g) pork sausage
1 1/2 cups (375 ml) chopped celery
3/4 cup (175 ml) chopped onion
6 Cornish hens
1 jar apricot preserves

METHOD:
1. Boil 5 cups (1.25 l) water, bouillon and salt. Add wild rice; cover and simmer 20 minutes. Add long grain rice; cover and simmer 25-30 minutes longer or until water is absorbed.
2. In large skillet, cook sausage, celery and onion over medium heat until meat is no longer pink; drain. Stir in rice mixture. Spoon 3/4 cup (175 ml) stuffing into each hen.
3. Place remaining stuffing in greased 2-L baking dish; cover and set aside. Place hens on rack in shallow baking pan; tie drumsticks together. Bake, uncovered, at 350°F (180°C) 40 minutes.
4. In small pot, boil preserves and remaining water. Pour over hens. Bake 25-35 minutes longer, basting occasionally.
5. Place baking dish of stuffing in oven for last 35-40 minutes of hens' baking time.

SERVES 6

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You will be forced to admit today, if only to yourself, that an ambition you have cherished for many a year will never be realized.

TAURUS ♉
APRIL 21-MAY 21
Something that has been developing slowly but surely for many months is about to pay off and the rewards are likely to be substantial.

GEMINI ♊
MAY 22-JUNE 21
Some people learn from their mistakes, others repeat them again and again. If you are one of the former then what happens next won't hurt you.

CANCER ♋
JUNE 22-JULY 22
The next 24 hours are going to be of huge importance to you. No matter how bad certain issues may get you must not throw in the towel.

LEO ♌
JULY 23-AUG 23
You rather enjoy getting rid of things that are outdated, but not everything that is old is useless and you would do well to remember that fact today.

VIRGO ♍
AUG 24-SEPT 22
Certain things cannot be done because you don't have the resources to pursue them effectively.

LIBRA ♎
SEPT 23-OCT 23
Don't over-dramatize situations that are difficult enough already. With Saturn transiting your sign you must strive to keep things simple.

SCORPIO ♏
OCT 24-NOV 22
For some strange reason you seem to believe that your ideas are second rate, but if anything they are sharper and better than ever.

SAGITTARIUS ♐
NOV 23-DEC 21
Your chances of getting ahead on your own will be limited over the next 24 hours, and you must choose between lowering your sights and teaming up.

CAPRICORN ♑
DEC 22-JAN 20
There is an aura of invincibility around you and even people in positions of power will sense you are on unbeatable form and resist the temptation to interfere.

AQUARIUS ♒
JAN 21-FEB 18
You can sense that something is about to go out of your life but because you don't know what it is you fear the worst. There's no need. It's very much for the best.

PISCES ♓
FEB 19-MARCH 20
If you feel yourself sinking into a negative mood today just take a look around you and see how fortunate you are compared to most other people.

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$899
+Taxes & other fees (including service charges): $266

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Mar. 20 & 27 • 1 wk.
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+Taxes & other fees (including service charges): $266

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